



Co-Regulation Handbook

Chapter 12 – Practice Set 1: Creating Competent, Authentic Contingent Roles

Part 1: Daily Routines

Imagine your child is having difficulty with these daily routines, or you would like to find a way to increase their participation in chores. What are some ways that you could create competent, authentic contingent roles to help them join and then stick with it? Keep in mind that there are lots of possible answers! And the best answers for your child depends on what you know will be most successful for them. Remember that you start where you start, and then things will grow and expand from there.

Below are possible ideas for roles and example declarative statements that you could say to assign them.

1. Putting on their socks

Your role: _____ Your child's role: _____

Ideas for roles: sock holder, sock opener, toe putter-on-er, ankle-putter-upper, left sock person /right sock person

Example declarative statements: "I'll hold the sock open while you put your toes in", "I'll get the sock over your toes, and then you can pull it up over your ankle", "I'll help do your left foot and then you can give the right foot a try on your own!"

2. Making a bowl of cereal

Your role: _____ Your child's role: _____

Ideas for roles: milk getter/cereal getter, cereal pourer/milk pourer, bowl holder/pourer, pourer/watcher (to say when there's enough)

Example declarative statements: "I'll get the cereal and you can get the milk", "You can hold the bowl while I pour in the milk", "I'll pour the cereal but then you can be the watcher and let me know when it's enough for you!"

3. Packing their backpack

Your role: _____ Your child's role: _____

Ideas for roles: backpack holder/opener, item placer, item hander, carriers together, zipper-er, checker (to see if you have everything you need)

Example declarative statements: "I'll hold the backpack open while you place your books in", "I'll hand you each book, and you can put them in", "Let's carry it together to the car", "I'll start the zipper and you can finish it!", "Let's check together to see if we have everything we need!"

4. Making lunch

Your role: _____ Your child's role: _____

Ideas for roles: decider (of what food to add), item getter, lunchbox getter, item placer, plastic bag holder/opener, zipper-er

Example declarative statements: "Hmmm... let's decider together what you want to put in your lunchbox", "You can get your fruit and I'll get your water", "I'll hand you the item and you can place it in your lunchbox", "You can hold the plastic bag open and I'll place your snacks in there", "You can start the zipper and I can finish it."

5. Brushing their teeth

Your role: _____ Your child's role: _____

Ideas for roles: toothpaste getter, toothbrush getter, toothpaste squeezer, toothbrush holder, tooth-brushers together (i.e., watch together in the mirror as you brush your teeth at the same time)

Example declarative statements: "You can get your toothbrush and I will get the toothpaste", "You can hold the toothbrush while I squeeze toothpaste on", "Let's brush our teeth together. We can watch in the mirror!"



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6. Making their bed

Your role: _____ Your child's role: _____

*Ideas for roles: sheet person/blanket person: "I'll do the sheet and you can do the blanket", this side/that side: **Example declarative statements:** "You can get the left side and I'll get the right side", puller-uppers together ("Let's pull the blanket up together"), pillow person, stuffed animal person (placing them on the bed at the end)*

7. Cleaning up their bedroom

Your role: _____ Your child's role: _____

Ideas for roles: clothes hander, clothes tosser (into hamper), toy hander, toy placer, vacuum-ers together, book getter, book placer, clothes hanger up-pers, hanger-hander, hanger placer (in the closet)

***Example declarative statements:** "I'll hand you the shirt, and you can toss it in the hamper", "You can hand me the toys on the floor, and I'll put them in your toybox", "Let's hang this shirt on the hanger together", "I'll hand you the hanger, and you can hook it on the bar."*

8. Taking out the trash/recycling

Your role: _____ Your child's role: _____

Ideas for roles: bag taker-outer, bag putter-inner, bag puller-outers together, barrell pullers, recycling bin carriers, old trash bag person, new trash bag person

***Example declarative statements:** "I'll get the trash bag out of the garbage can, and you can bring it outside", "Let's pull the bag out together", "I'll take the old bag out and you can put the new bag in", "This is tricky. Let's put the new bag in together", "Let's pull the barrel together to the curb", "I'll carry the recycling bin and you can pull the trash can", "Let's carry the bin together."*

9. Washing dishes

Your role: _____ Your child's role: _____

Ideas for roles: dish washer, dish placer (on the counter, in the dishwasher), soap squeezer, sponge scrubber, washer, spot-checker

***Example declarative statements:** "I'll hand you the dish and you can place it in the dishwasher", "I'll hold the plate and you can squeeze the soap", "You can be the bowl holder and I'll be in charge of the sponge."*

10. Vacuuming

Your role: _____ Your child's role: _____

Ideas for roles: vacuum pushers together, crumb finder, vacuuming team (taking turns), plugger-inner, cord puller out-er

***Example declarative statements:** "Let's push the vacuum together", "Let's take turns pushing the vacuum", "I'll find the crumbs and you can vacuum them up", "You can plug it in, and I'll pull the cord out further as we need it."*



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Part 2: Play

You want to play with your child or teach them a new game or activity. What are some competent, authentic, contingent roles that you could create using the following materials? Remember, when creating competent roles, you don't need to play a game by the rules when starting out. You want to think about what will be successful for your child. This is what will help them join, stay engaged over time, and will help you expand their role and add complexity as they are ready.

Below are possible ideas for roles and example declarative statements that you could say to assign them.

1. Ball

Your role: _____ Your child's role: _____

Ideas for roles: passer, roller, thrower, catcher, ball getter, goal person, goalie, hoop person (i.e., make a hoop with your arms for the ball to drop through), ball shooter, kicker, receiver

Example declarative statements:

"I'll roll it to you and then you can roll it back", "I'll make a goal with my legs and you can kick the ball", "You can be the goalie and I'll be the kicker", "I'll make a hoop with my arms and you can shoot the ball in", "I'll toss the ball to you and if you miss it, you can be the ball getter."

2. Deck of cards

Your role: _____ Your child's role: _____

Ideas for roles: dealer, counter, card hander/card passer, flipper, deck holder, shuffling team, deck-cutter,

Example declarative statements: *"We each need 5 cards. I'll be the dealer and you can be the counter", "I'll hand you a card and you can pass it to the next person", "On the count of three, let's flip our cards at the same time", "Let's shuffle together – I'll give you some cards and I'll hold some. I'll show you how to hold your hands", "You can cut the deck and then I'll put the cards back together."*

3. Markers and paper

Your role: _____ Your child's role: _____

Ideas for roles: color chooser, paper chooser, color-ers (taking turns), person in charge of the top of the page/person in charge of the bottom, draw-ers (take turns drawing something on the same or different paper)

Example declarative statements: *"You can choose the color marker and I'll color the first thing in", "We can take turns drawing an item on the page", "Let's draw a cat and take turns adding items to its face", "I'll pick the color paper and you can pick the marker", "Let's write your name together with the marker. We can take turns adding letters."*

4. Playdough

Your role: _____ Your child's role: _____

Ideas for roles: container holder, container opener, taker-outer, rollers together, ball makers, shape chooser, shape presser, Playdough peeler, snake makers, holder/cutter, pizza makers (and take turns adding "items" on top)

Example declarative statements:

"I'll hold the container while you take off the lid", "Let's use the rolling pin together", "I know! We can make balls. Let's roll tiny pieces together in our hands", "Let's make a shape. You can choose which one and I'll press it down", "I'll hold the shape in place and you can peel the Playdough away", Let's make a pizza with the Playdough. We can take turns adding 'ingredients' on top!"



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5. Shovel and pail

Your role: _____ Your child's role: _____

Ideas for roles: digger, pail holder, dumper, filler, patter (after turning a pail upside down with sand in it to make a castle), carriers, water filler

Example declarative statements:

"Let's dig together", "I'll hold the pail while you fill it with sand", "I'll flip the pail to make our castle and you can pat the top....Now let's take it off together...slowly!", "I'll fill the pail with water and you can carry it to our castle."

6. Legos

Your role: _____ Your child's role: _____

Ideas for roles: piece finder, instruction reader, stacker, builder, hander, placer

Example declarative statements:

"I'll find the piece and you can add it on," "I'll keep our place in the instructions and help you know where to place the next Lego", "I'll hand you the Lego and you can add it to our structure"

7. Jigsaw puzzle

Your role: _____ Your child's role: _____

Ideas for roles: piece finder, placer, edge person, middle person, in charge of this section/in charge of that section

Example declarative statements: *"I'll find the edge pieces and you can put them together", "I'll hand you a piece that goes next, and you can put it together", "I'll be the edge person and you can be the middle person."*

8. Strategy game (like checkers, chess, or backgammon)

Your role: _____ Your child's role: _____

Ideas for roles with checkers: if playing on the same team against someone else: mover, decider, jumper, taker off-er, passer/placer (for set up), hint/suggestion giver

Example declarative statements:

"You can hand me a checker and I'll place it on the board", "I'll be the mover and you can be the jumper", "You can be the jumper and I'll be the taker-offer", "How about if I decide where we move, and you can be the mover....?"

9. Book or magazine

Your role: _____ Your child's role: _____

Ideas for roles: book holder, page turner, reader/readers together (taking turns), listener

Example declarative statements:

"You can hold the book and I'll read the words", "You can be in charge of turning the page", "For this page, I'll be the listener and you can be the reader", "Let's take turns reading pages/Let's take turns reading lines..."

10. Fishing rod and bait

Your role: _____ Your child's role: _____

Ideas for roles: fishing rod holder, bait placer, caster (of the fishing rod), holder (once the line is in the water), watcher (for fish, for the bobber to go down), reeler-inner

Example declarative statements:

"You can hold the fishing rod and I will place the worm on the hook", "I will cast it out and then you can hold it", "Let's cast it together while you learn", "Once it is in the water, you can be the bobber watcher and we can reel it in together if you get a bite."